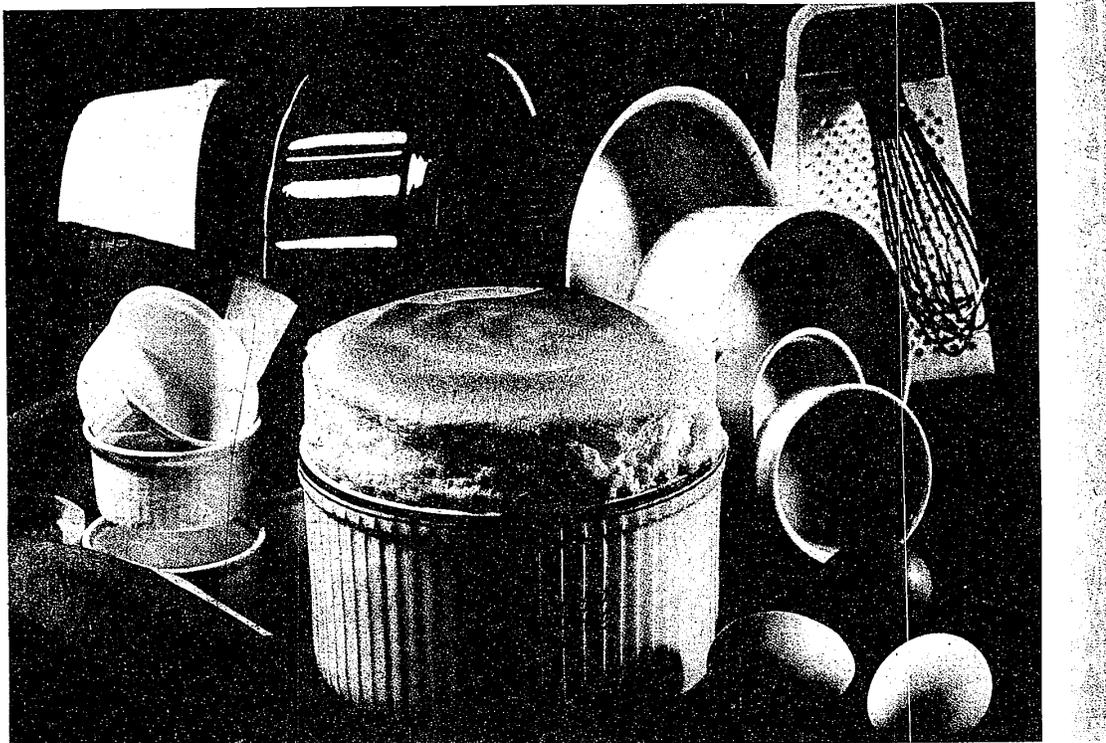


SPECTACULAR



Savory or sweet, hot or cold, soufflés are simply sensational as a main dish, accompaniment or dessert! For an excitingly successful culinary adventure, make a soufflé following the tips below. A smooth sauce or base is essential. It may be a thick white or cheese sauce or condensed soup for a savory soufflé, a thick syrup for a hot sweet soufflé or gelatin for a cold soufflé. For proper thickening, egg yolks must be well beaten. Warning: the beaten yolks with a little of the hot sauce before completely combining the mixtures will prevent the yolks from coagulating too rapidly and creating lumps. Just right whites are THE secret for a successful soufflé. Separate eggs cold — right from the refrigerator — but beat whites after about half an hour at room temperature in a clean glass or metal bowl with a whisk, rotary beater or electric mixer. Remove even

the tiniest speck of egg yolk. Beat the whites just until they won't slide when you tip the bowl. Fold (don't stir) the yolk-sauce into the egg whites with a rubber spatula or whisk. Some cooks prefer lightening the yolk-sauce by stirring in just a dollop of beaten whites before folding. To fold, gently cut down through the mixture, across the bottom of the bowl, then up and over the mixture. Come up through the center of the mixture every few strokes while rotating the bowl frequently. Fold only until no streaks remain. An unbaked soufflé can wait, in its dish in the refrigerator, for up to half an hour before you send it to the oven. The best soufflé, however, is the one you bake immediately, in a preheated oven. Top hat a savory soufflé by circling the unbaked mixture with a spoon (see recipe directions). Sweet soufflés seldom "top hat" but

may crack on top. Sifting powdered sugar over a baked sweet soufflé before serving covers the cracks prettily. Don't peek for at least the first 20 to 25 minutes of baking time. A cool draft might deflate the soufflé. For an extraordinary meal, team a main dish soufflé with a crisp salad or bread and a compatible wine. Now that you know the secrets to success, whip up a soufflé, and discover how easy, but how impressive, one can be!

SOUFFLE AU CITRON

(Hot Lemon Soufflé)

4 to 6 servings

You'll be "hooked" on soufflés when you get your first whiff of the delightful aroma of this refreshing beauty (pictured above).

Butter 1/4 teaspoon salt
Sugar 1/3 cup butter
1/3 cup sugar 4 eggs, separated
1 1/2 teaspoons grated lemon peel* 1/4 teaspoon cream of tartar
3 tablespoons lemon juice*

Butter bottom and sides of a 1 1/2-quart soufflé dish. Sprinkle sugar over buttered surfaces. Make 4-inch band of triple-thickness aluminum foil long enough to go around dish and overlap 2 inches. Lightly butter 1 side of foil band and sprinkle with sugar. Wrap around outside of dish with sugared side in. Tie with string. Collar should extend 2 inches above rim of dish. In medium saucepan bring 1/3 cup sugar, lemon peel, lemon juice and salt until well blended. Add butter. Bring to boil over medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat. In small mixing bowl beat egg yolks at high speed until thick and lemon-colored, about 5 minutes. Into yolks blend a little of hot mixture. Return yolk mixture to saucepan and blend. Wash beaters. In large mixing bowl beat egg whites and cream of tartar until stiff but not dry, just until whites no longer slip when bowl is tilted. Gently but thoroughly fold yolk mixture into whites. Carefully pour into prepared dish. Bake in preheated 350°F. oven 25 to 30 minutes or until puffy, delicately browned and soufflé shakes very slightly when oven rack is gently moved back and forth. Carefully remove foil band. Serve immediately.

BLENDER SEAFOOD SOUFFLE

4 servings

This quickest-to-prepare of all soufflés has a surprise inside — the middle makes a creamy sauce to spoon over each serving.

Butter 1 package (3 oz.) cream cheese, cubed
Grated Parmesan cheese 1/4 cup milk
1 can (6 1/2 to 7 3/4 oz.) salmon, crabmeat or tuna, drained
4 eggs 1/2 teaspoon instant minced onion
4 ounces sharp Cheddar cheese, cubed 1/2 teaspoon dried dill weed
1/2 teaspoon lemon juice

Butter bottom and sides of a 1-quart soufflé dish or casserole. Dust with Parmesan cheese. Set aside. Combine remaining ingredients in blender container. Cover and blend at medium speed until smooth, about 30 seconds. Blend at high speed another 10 to 15 seconds. Carefully pour into prepared dish. Bake in preheated 350°F. oven 40 to 45 minutes or until puffy and delicately browned. Serve immediately.

TURKEY SOUFFLE FLORENTINE

6 servings

Easy to make, but elegant. If you like, substitute another flavor of cream soup, or different chopped vegetables and whatever leftover meat (finely chopped) and shredded cheese you have on hand.

Butter 1/2 cup finely chopped cooked turkey
Grated Parmesan cheese 1/2 cup (2 oz.) shredded Swiss cheese
1 can (10 3/4 oz.) condensed 1 tablespoon instant minced onion
cream of chicken soup, undiluted 6 eggs, separated
1 package (10 oz.) frozen chopped spinach, cooked and well drained

Butter bottom and sides of a 2 1/2-quart soufflé dish or casserole. Dust with Parmesan cheese. In medium saucepan combine soup, spinach, turkey, Swiss cheese and onion. Cook over medium heat, stirring occasionally, until cheese is melted. In small mixing bowl beat egg yolks at high speed until thick and lemon-colored, about 5 minutes. Into yolks blend a little of hot soup mixture. Return yolk mixture to saucepan and blend. Wash beaters. In large mixing bowl beat egg whites and cream of tartar until stiff but not dry, just until whites no longer slip when bowl is tilted. Gently but thoroughly fold yolk mixture into whites. Carefully pour into prepared dish. For a "top hat," hold a spoon upright and circle mixture to make a ring about 1 inch from side of dish and about 1 inch deep. Bake in preheated 350°F. oven 40 to 45 minutes or until puffy, delicately browned and soufflé shakes very slightly when oven rack is gently moved back and forth. Serve immediately.

QUICK SOUPER SOUFFLE

A fine flavor with few ingredients. Substitute whatever cream soup and shredded cheese you prefer and add a pinch of your favorite compatible herb.

Butter 1 cup (4 oz.) shredded Cheddar cheese
Grated Parmesan cheese 1/4 teaspoon cream of tartar
1 can (10 3/4 oz.) condensed cream 4 eggs, separated
soup of asparagus soup, undiluted 1/4 teaspoon cream of tartar

Butter bottom and sides of a 1 1/2-quart soufflé dish. Dust with Parmesan cheese. Make 4-inch band of triple-thickness aluminum foil long enough to go around dish and overlap 2 inches. Lightly butter 1 side of foil band and dust with Parmesan cheese. Wrap around outside of dish with cheese side in. Tie with string. Collar should extend 2 inches above rim of dish. In medium saucepan combine soup and Cheddar cheese. Cook over medium heat, stirring occasionally, until cheese is melted. Remove from heat. Gradually add to unbeaten egg yolks, beating mixture well. Beat egg whites and cream of tartar until stiff but not dry, just until whites no longer slip when bowl is tilted. Gently but thoroughly fold yolk mixture into whites. Carefully pour into prepared dish. For a "top hat," hold a spoon upright and circle mixture to make a ring about 1 inch from side of dish and about 1 inch deep. Bake in preheated 350°F. oven 40 to 45 minutes or until puffy, delicately browned and soufflé shakes very slightly when oven rack is gently moved back and forth. Carefully remove foil band. Serve immediately.

CLASSIC CHEESE SOUFFLE

6 servings

Sophisticated, timeless and easy, this soufflé will turn any meal into an occasion.

Butter 1 1/2 cups milk
Grated Parmesan cheese 1 cup (4 oz.) shredded Cheddar cheese
1/3 cup butter 1/4 cup sugar
1/3 cup all-purpose flour 6 eggs, separated
1 tablespoon instant minced onion 1/4 teaspoon cream of tartar
1/2 teaspoon dry mustard

Butter bottom and sides of a 2 1/2-quart soufflé dish or casserole. Blend in Parmesan cheese. In medium saucepan mix 1/2 cup butter, 1/2 cup milk, onion and mustard. Cook and stir over medium-high heat until mixture is smooth and bubbly. Stir in milk all at once. Cook and stir until mixture boils and is smooth and thickened. Remove from heat. Stir in Cheddar cheese until melted. In small mixing bowl beat egg yolks at high speed until thick and lemon-colored, about 5 minutes. Into yolks blend a little of hot mixture. Return yolk mixture to saucepan and blend. Wash beaters. In large mixing bowl beat egg whites and cream of tartar until stiff but not dry, just until whites no longer slip when bowl is tilted. Gently but thoroughly fold yolk mixture into whites. Carefully pour into prepared dish. For a "top hat," hold a spoon upright and circle mixture to make a ring about 1 inch from side of dish and about 1 inch deep. Bake in preheated 350°F. oven 35 to 40 minutes or until puffy, delicately browned and soufflé shakes very slightly when oven rack is gently moved back and forth. Serve immediately.

MAGNIFICENT MOCHA SOUFFLE

4 to 6 servings

A cool make-ahead dessert that's absolutely irresistible! Serve it to your most favorite friends.

1 package (6 oz.) semi-sweet 1/3 cup coffee-flavored liqueur
chocolate pieces 1/4 cup sugar
2 ounces unflavored gelatin 1/4 teaspoon cream of tartar
1/2 cup hot brewed coffee 1 cup whipping cream
6 eggs, separated

Make 4-inch band of triple-thickness aluminum foil long enough to go around 1 1/2-quart soufflé dish and overlap 2 inches. Wrap around outside of dish. Tie with string. Collar should extend 2 inches above rim of dish. Reserve a few chocolate pieces for garnish, if desired. Place remaining pieces in blender container. Cover and blend at medium speed 10 seconds. Scrape down sides of blender container with rubber spatula, if necessary. Add gelatin and hot coffee. Blend at medium speed until gelatin is dissolved, about 1 minute. Add egg yolks, liqueur and sugar. Blend at medium speed 15 seconds or until smooth. Scrape down sides and blend another few seconds. In large mixing bowl beat egg whites and cream of tartar until stiff but not dry, just until whites no longer slip when bowl is tilted. In small mixing bowl, whip cream until stiff. Gently but thoroughly fold whipped cream and chocolate mixture into egg whites. Carefully pour into prepared dish. Chill until set, several hours or overnight. Carefully remove foil band before serving. Garnish with reserved chocolate pieces, if desired.